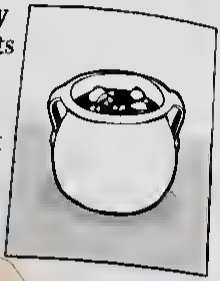
the
DONEMEN
A SILENT COMIC

Cookery

Beef Stew



1 cup sliced celery
1 cup sliced carrots
2 cups onions
2 cups potatoes
1 pound stew meat
2 cups red wine
1 bulb garlic
green cardamom

Directions

Prepare the stew. Bring wine to a boil in a medi… heat to medium and cook until reduced by half, about 15 minutes. Set aside. (If the wine re… up with more wine.) Place the crushed cardamom pods in a piece of cheese cloth a… to create a sachet.

Preheat oven to 350°F. Heat canola oil in a large Dutch o… to pot and cook for about 10 minutes, stirring occasionally … meat with salt and pepper. Add to pot.

Quickly whisk tomato paste into reduced wine. Add 3 1/2 cups stock … stir to combine. Add cardamom sachet (or ground cardamom), garlic … with a tight fitting lid and bra… pot in the oven for 2-1/2 to 3 hours, until … halfway through, turning and adding more stock if too much has cooked …

Prepare the root vegetables. About 45 minutes before the stew is ready, toss … potatoes with 2 tablespoons olive oil in a large bowl and season with salt and …

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Lamb Stew
Beef Stew

High Definition